



## BLAKE MARTIN

*Blake Martin is currently completing his PhD in Kinesiology and holds a Graduate Neuroscience Diploma from York University, where he is investigating the role of attention in limb position sense. He teaches Thai Massage and anatomy for body workers internationally, and holds degrees in Dance and Education, and speaks on a variety of topics related to health, education and the brain. He is also a long time martial artist, yoga practitioner and runner.*

**Thursday March 29th 6:30 pm - 8:30 pm TH2MAR**

***From Mind to Molecule to Muscle to Malasana***

How does a brain signal end up as a yoga pose? Using interactive demonstrations, participant activities and the most recent research, this workshop takes participants from the micro to the macro in understanding the basics of neuromuscular physiology and the function of movement, including a brief overview of muscle stretch receptors.

**Friday March 30th 6:00 pm - 8:00 pm FR2MAR**

***This is Your Brain....on Yoga***

This is your brain....this is your brain on yoga: A neuroscientist will discuss: recent clinical research linking the practice of yoga, pranayama breathing with their impact on the human brain and the findings on stress. We will also briefly consider yoga's impact on pain perception, the immune system and the regulation of cortisol in the body, with a brief fly-by of select neurological disorders.

**Saturday March 31st 8:00 am - 10:00 am SA1MAR**

***How Stretching Works: the Neuro-Muscular Physiology of Stretching***

What are the properties of a muscle that allow it to contract and be stretched? What factors enhance stretching? Why might breathing help with stretching? What does any of this have to do with yoga? A kinesiologist considers the neurons, molecules and tissues involved in stretching, as well as reflexes, emotions and other factors that can impede or help stretching. This basic overview of the stretching process will be useful for teacher and practitioner alike, and will include discussion and ideas on how to apply the most recent research on stretching into your yoga practice.

**Saturday March 31st 10:30 am - 12:30 pm SA2MAR**

***I am my own Yoga Anatomy Book***

Does king pigeon pose stretch or strengthen the hip flexors? Or both? Have you ever wondered what a certain move does? What if you don't have an anatomy book in your pocket? This lightning introduction to movement analysis will give you the tools to figure out the basic actions behind any yoga posture, and whether or not a posture is designed for strength or stretch, and how to know the difference.

**Saturday March 31st 3:15 pm - 5:15 pm SA4MAR**

***Looking inside a Downward Dog and Up a Tree***

Does downward dog stretch all of your calf muscles or only one? Does it stretch or strengthen the latissimus dorsi? Why does it sometimes hurt in the shoulder joint? Is it bad when the top part of my hip moves before I go into tree stance? Why am I better on one side than the other? What on earth does this move even do for me? This workshop explores Adho Mukha Svanasana and Vrksasana from the viewpoint of a kinesiologist and introduces basic ideas of movement analysis and muscle function at a cellular, neural and system-wide level, using these popular poses as a launch pad to understand how our body works for movement, from skeleton, joints and muscles all the way to our fascial web.

**Saturday March 31st 5:30 pm - 7:30 pm SA5MAR**

***Ow! I think I sprained my cow!***

What is the difference between a sprain and a strain? How long should I wait before applying ice to an injury? Or should I use heat? This workshop looks at some basic musculo-skeletal injuries that are common to yoga practices, helps you to understand what has happened to the tissues and how the inflammatory response works. We will also consider first-aid, safe remediation practice and other interventions for improving healing times, reducing pain and making the most of a bad thing.

**Sunday April 1st 11:30 am - 6:30 pm SU1MAR**

***Thai Yoga Massage***

This six hour "appetizer" will introduce you to the ancient practice of Thai Yoga Massage, yoga's sister art. In addition to learning a basic 30-minute massage, you will learn how to gently move your partner into assisted stretches, apply pressure appropriately and to integrate compassion ("Metta") into your work. The focus on proper alignment for both practitioner and recipient, as well as safe body mechanics makes this course ideal for those wishing to learn more about this healing art, as well as for yoga teachers wishing to improve their assisted stretches. This course comes with a free massage built right in!